



Warrior Care

Walter Reed Army Medical Center

A product of the WRAMC Strategic Communications/Public Affairs Office, April 2010



Walter Reed hosts family resource fair at Mologne House

In another initiative to improve customer service, the Family Plus Collaborative group hosted a Family Resource Fair at the Mologne House, a one-stop-shop effort to answer questions and provide information on various services on post that cater to children and family members. This monthly fair brought several family-centric services and served dozens of families with questions.

The Family Plus Collaborative group was formed in October 2009 and consists of representatives from Army Community Service, hourly child care, child development center, Soldier Family Assistance Center, pediatric social worker, post librarian, adult social workers, art therapist, Arts and Crafts Center director, various family support volunteers, and a Red Cross coordinator.

“[There] are so many resources at Walter Reed, and there is no collective way to get the information out about what everyone does,” said Eileen Hauser, patient and post librarian. “[This] way we can reach out and provide information and answer questions as an outreach effort to families on post.”

She added that holding the fair in the lobby of the Mologne House was on purpose. “We can catch people coming and going rather than making them go somewhere to get the information.”



‘Dizzy’ clinic aids Soldiers with TBI care

A special, multidisciplinary “dizzy” clinic at Walter Reed Army Medical Center celebrated its first year of treating active duty personnel who experience dizziness due to traumatic brain injury (TBI). The clinic began March 2009 to improve access to care for Soldiers returning from deployment in Operation Iraqi Freedom and Operation Enduring Freedom, and ensure they are seen by specialty providers in a timely manner.

Dizziness, headaches, visual impairment and changes in hearing are common signs and symptoms of TBI, according to the Defense and Veterans Brain Injury Center headquartered at Walter Reed. Many of the “dizzy” clinic’s patients experience dizziness after sustaining injuries due to blast exposures from improvised explosive devices (IEDs), land mines, mortar rounds and rocket-propelled grenades.

Before the clinic was developed, patients ping-ponged between specialty providers based on who their primary care manager (PCM) in the Warrior Clinic thought they should see — with referrals to ears, nose and throat (ENT) surgeons, audiologists, neurologists, physical therapists (PT) and ophthalmologists — often based on how the patient described their symptoms to their PCM.

Timeliness and coordination of specialty care were the main issues. The medical concerns for these patients were sometimes complex and easier to discuss in a team environment comprised of specialists in the areas of physical therapy, audiology, neurology, ophthalmology, along with ENT.

The specialties came together March 2009 to form the multidisciplinary “dizzy” clinic, enabling primary care managers to make a single referral for OIF./OEF patients experiencing dizziness due to traumatic brain injury and complex cases. Working as one, the specialties used the team-approach to evaluate patients and devise a treatment plan for an efficient use of both provider and patient time.



Walter Reed hosts education fair

Soldiers, their family members and civilian employees of the Walter Reed community gather educational information Wednesday from more than 30 colleges, universities and educational organizations during the Walter Reed Education Center fair in the Karen Wagner Sports Complex.

Representatives met with attendees and provided them with a variety of information ranging from online and classroom based programs, to programs eligible for funding through the Army's tuition assistance program as well as individual GI Bill benefits.



WTB athletes train for Warrior Games

Brig. Gen. Gary H. Cheek (second from right), commanding general, Warrior Transition Command and the Assistant Surgeon General of Warrior Care and Transition, plays wheelchair basketball with wounded Soldiers, Marines, and a couple Walter Reed occupational therapists during a March 4 game in Karen Wagner Sports Center at Walter Reed Army Medical Center.

Cheek played for more than an hour after warming up and learning how to maneuver the wheelchair in order to have a better understanding of what the warriors face when playing adaptive sports.

Of the approximately 9,000 wounded, ill, and injured U.S. Soldiers in country and around the world, 40 percent sustain injuries while in theater, 20 percent are mobilization or demobilization injuries mostly in the reserve component and the rest are wounded or ill from things in everyday life.

“They’ve made a commitment, and we’ve made a commitment to help them,” Cheek said during a December 2009 interview.

Warriors are also preparing for the inaugural Warriors Games scheduled to be held at the Olympic Training Center in Colorado Springs, Colo., May 10-14.



Walter Reed Garrison salutes staff, support members for efforts

More than 20 U.S. Army Garrison-Walter Reed staff and support members were honored during a commander’s call “awards ceremony,” March 18 in Bldg. 1’s Vorder Bruegge Auditorium.

Awards presented included the commander’s award for civilian service, achievement medal for civilian service, Garrison certificates of achievement, appreciation certificate, the “Caught me at my best” award, and transitioned personnel recognition. The ceremony concluded with the announcement of 2009’s employees of the year. The recipients were: for the administrative/technical level, Cynethia Arnett from

Garrison Headquarters; for managers’ level, Sharon Ribas from the Equal Employment Opportunity office; and for the supervisory category, Randy Treiber, of the Base Realignment and Closure Transition (BRAC) Office. All winners received an achievement medal for civilian service, \$1,000 cash award and a 16-hour time off award.

Wounded Warrior presented Bronze Star

A Soldier being treated at Walter Reed for wounds sustained in Afghanistan received the Bronze Star Medal with “V” Device during a ceremony in Doss Memorial.

Spc. Christopher M. “Kit” Lowe, a forward observer with the 1-108th Cavalry Regiment, received the award for actions he took during combat operations in the Alasai Valley, Afghanistan.

Lowe, a six-year veteran of the Georgia National Guard, was on a combat mission with the 48th Battle Training Brigade when he heard gunfire on the roof of the building he was searching. Lowe knew then Marine

Capt. Matthew Freeman, whom he considered a friend, and the unit's medics were on that roof and in trouble. Lowe scrambled up a ladder to the roof and saw Freeman had been hit, with bullets still incoming.

"My friend was shot and I needed to get to him," Lowe recalled.

Lowe crawled across the roof to the spot where Freeman was lying, bleeding and unresponsive. "I went to go get him, and I got hit," Lowe said.

As Lowe was pulling the medic to the ground, Lowe was hit by machine gun fire in the upper-right thigh.

"It ruined a perfectly good uniform," Lowe quipped. "It was surreal. I never thought I was going to die, even after I was shot. I didn't realize the extent of my wounds. I thought I'd be back at work the next day."

With shots still incoming, Lowe scanned the area. "When you come under fire you want to know where it's coming from," Lowe said. "What I was trying to do was find out where [the enemy fire] was coming from so I could fire on the position."

He discovered the enemy was shooting from a house built into the side of a mountain, so that indirect fire would be ineffective. "You can land mortars on it, but all you'd be doing is beating up a mountain," Lowe said. "You have to hit the house."

Although injured, Lowe returned fire until reinforcements arrived in a Mine-Resistant Ambush-Protected (MRAP) vehicle to neutralize the target.

"I really hate public speaking," Lowe told the audience assembled to witness his award. "But I'd better get used to it if I want to be president."

Lowe said of Freeman, the Marine who died, "He was my friend. I wish they didn't have to give his Purple Heart posthumously. I did what I was supposed to do. I did what I was trained to do. It reflects well on the Georgia National Guard."

"My main concern was Capt. Freeman," Lowe said. "Capt. Freeman was killed, and I needed to get him and the medic with him off [the roof]."

Col. Stephen Joyce, commander of the 48th Battle Training Brigade at the time of Lowe's actions, said his behavior was exemplary. "It's everything that's right about America, and everything that's right about the Army."

First Lt. Matt Smith, a member of the unit who earlier received the Purple Heart for injuries sustained in combat two months before Lowe's actions, presented the Bronze Star with "V" Device to Lowe.

"I was intensely proud of him and all the other Soldiers involved," Smith said. "Cavalry have a reputation as above average Soldiers, and his actions exemplified that."

Lowe's thoughts still remain with his fallen comrade. "The only thing I can say is that I'm sorry. He meant the world to me in the short time I knew him and I wish there was more I could do for him."





WARRIOR CARE KNOWS NO BOUNDS
BECAUSE WARRIORS
DESERVE OUR VERY BEST